

Grace Talaga is a Marriage and Family Therapist residing in Manchester. She has been working part time at Granby Youth Service Bureau as a therapist for the past four years. Grace received her training at Central Connecticut State University. She is trained extensively in Internal Family Systems (IFS) therapy and is certified to teach Rehearsals for Growth (RfG), an approach that utilizes improvisation and drama. Grace is currently teaching psychology at Manchester Community College and has a private practice in South Windsor as well. She's sees individuals, couples and families.